

2007, Quarter 3



Southern California Ultra Runners Grand Prix Series Leaderboard



Official Shoe Sponsor of the So. CA Ultra Runners Grand Prix Series

Message from the Director

2008 has arrived, and I hope everyone is having a good year. We have some exciting additions to our calendar of events and Series, so check out the schedule and read the newsletter that follows.

Salomon Running is our new 2008 Series shoe sponsor. We are very excited to have *Salomon* this year, and I really hope they stay with us after this year as well! *Salomon's* generosity is truly a great sponsorship. They are an outdoor activity company that makes great gear for any adventurer who enjoys running, winter sports, outdoor apparel, hiking, camping, and more. Check out their worldwide product line at: www.salomonoutdoor.com

Salomon has pledged to sponsor trail running shoes for all of our final 2008 age groups points champions, both male and female (M/F), shoes for our overall M/F mileage champions, and a men's and women's pair for raffle at next year's Awards Banquet/Picnic. The limit on winning shoes is one pair per runner for 2008! Please

read the shoe winning limits/rules on the website.

Another new and great option you can choose or not is our 2008 Ultra Series now has prize money awards available from the Southern California Association of USA Track and Field (SCA/USATF)! If you are interested in cash prizes, then you must be a member of one of the USA Track and Field Associations in Southern California. Check our website for the USATF associations included for eligibility. If you are not interested in the cash prizes then your entry/membership remains the same. The USATF has many beneficial running programs nationwide, so Series members are encouraged to please join USATF.

Being a member has benefits, some of which include, on-line shopping discounts, sport accident insurance, USATF monthly drawings, and the USATF magazine, *Fast Forward*. You can see the benefits and join USATF at: www.usatf.org/membership

We really want to thank Series member and USATF Rep Lorraine Gersitz for her hard work in getting the prize money and representing Mountain Ultra Trail (MUT) running with the USATF.

If you are interested, our cash prizes available for both men and women are \$200 each for the overall Series points winners, \$100 each for the mileage winners, \$100 for each of the age-groups winners, and \$50 for each age-group 2nd place.

We also have \$100 each for the male and female winners of SCA/USATF Championship events, as well as USATF merchandise for the 2nd and 3rd places at those events.

Check the Series website at: www.socalultraseries.org for rules and limits on the Salomon shoes and the available cash prizes rules and residency.

The Series held its 2007 Awards Banquet/Picnic on January 19, 2008, at Carbon Canyon

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Series Calendar

01/12/08 Avalon Benefit 50 Mile	05/31/08 Shadow of the Giants 50k
01/20/08 50k Calico Trail Run	06/07/08 San Diego 100
02/02/08 Twin Peaks Ultra (See December 13)	06/08/08 Holcomb Valley 33 Mile
02/16/08 Orange Curtain 100k/50k	08/09/08 Mt. Disappointment 50k/50 Mile
03/29/08 Lake Hodges 50k	08/23/08 Bulldog 50k Ultra Run/25k Run
04/12/08 Old Goats 50k/50Mile	09/13/08 Angeles Crest 100
04/19/08 Leona Divide 50 Mile	09/27/08 Noble Canyon 50K
05/03/08 Wild Wild West 50k	11/29/08 Santa Barbara 9 Trails 35 Mile Run
05/10/08 PCT 50 Mile Trail Run	12/06/08 High Desert 50k & 30k
05/17/08 Bishop High Sierra 50m, 50k, 20m	12/13/08 Twin Peaks Ultra 50/50



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Suggestions or comments?

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Southern California Ultra Runners Grand Prix Series Officers:

Gary Hilliard, Series Director

Fred Pollard, Series Statistician

Joe McGruder, Treasurer

Gary Hilliard, Acting Webmaster

Continued from Director (page 1):

Regional Park in Orange County. The Series recognized the outstanding 2007 Series' performances as well as all Series runners.

The Avalon 50 is the traditional first Series race of the year. At the Avalon 50-mile in January, the 2008 race was won by Jorge Pacheco in 6:42:51 and Michelle Barton in 7:25:00, who was third overall.

The Calico 50K Trail Run was held on January 20th at the Calico Ghost town. Kevin Bean was first in 4:09:09. Michelle Barton won the Women's event in 4:37:50. She was fifth overall.

The sold-out February Twin Peaks 50K and 50-Mile Runs were cancelled due to the 2007 fire closures. I have been contacted by Jessica Deline, the Race Director, and she told me that her USFS contact has told her that her trail system would be available for December 13, 2008. Please contact Jessica for details to this popular Orange County event.

The Orange Curtain 50K and 100K was held on February 16, 2008. The 50K winner was Thomas Reiss, 39, in 3:41:49. The first 50K woman was Lorraine Gersitz, 53, in 4:45:44. Eric Clifton, 49, was the first 50K men's master. In the 100K, Patrick Sweeney, 29, was first in 8:29:24. Stephanie Ehret, 45, was the first woman in 9:50:16. Peter Bakwin, 45, was the first 100K men's master.

The Lake Hodges 50K was cancelled due to 2007 fire closures. Kevin McGuinness, the Race Director, is trying to find a possible alternative date and/or possible race course. We hope more information will be available soon and this event can be rescheduled, so contact Kevin.

For the Spring Series Calendar, we have eight series date events. First on the calendar is the revived Old Goats 50K and 50-miler in Orange County. Contact "old goat" Baz Hawley for information. Next in April is the very popular Leona Divide 50-mile run. RD's Glenda and Denis are both Series members and great Series supporters.

We start May with the Wild Wild West 50K. That is followed by the PCT 50-miler in San Diego. John "El Cubano" Martinez has grown this into a very popular event. Next is the Bishop High Sierra 50K and 50-miler. Marie, Andy, and their volunteers raise a lot of money for the local hospital. Good people doing good work!!!

Our June events begin with the beautiful Shadow of the Giants 50K. Next is the rescheduled San Diego 100-miler. This is the first year this event takes place in the early summer. Holcomb Valley finishes the 2nd Quarter races, and always seems to fill up early...get your entries in early.

We need your help to expand the Series!!! Get your friends to join the Series! Remember to kick up dirt on every step, feel every breath, and push yourself to work hard.

Happy Trails...enjoy the journey!

Gary Hilliard, Series Director

National Forest News



From: Gary Hilliard, Vol. #150

As always, there are plenty of volunteering opportunities in all of our forests. Each Forest Service Office seems to have it's own interpretation of how you can become an "approved" volunteer, thankfully they all at least have the same volunteer application forms.

Our forest's trail systems are more dependent each year on the general public's volunteering efforts. With both environmentally sensitive areas and endangered species areas expanding and impacting all of us, the need for your involvement is also growing.

If you want or need National Forest information go to:

<http://www.fs.fed.us>



2008 Series Races Completed

Name	Total Races
George Velasco	3
Mike Haviland	3
Hwa Ja Andrade	3
Patrick Sweeney	2
Fred Pollard	2
Nick Fortini	2
Rob Cowan	2
Eric Clifton	2
Ben Gaetos	2
Mike "Big Dog" Kogutak	2
Mark Ryne	2
Tanya Johnson	2
Leigh Corbin	2
Lorraine Gersitz	2



So. California Ultra Runners Grand Prix Series Standings

2008 1st Quarter Points Standings

Place	NAME	POINTS
1	Patrick Sweeney	106.0
2	Mike Haviland	84.8
3	Hwa Ja Andrade	84.4
4	Rob Cowan	68.7
5	Eric Clifton	55.4
6	Kirk Fortini	54.4
7	Ben Gaetos	54.3
8	Michael Kogutec	53.4
9	George Valesco	53.1
10	Tanya Johnson	51.8
11	Lorraine Gersitz	47.1
12	Fred Pollard	46.2
13	Ted McDonald	44.3
14	Gabor Kozinc	41.0
15	Leigh Corbin	37.6
16	Robert Schipsi	35.9
17	Mark Ryne	35.5
18	Marc Johnson	31.0
19	Joe Magruder	29.2
20	Jeannette Ewing	27.6
21	Dave Campbell	24.9
22	Eric Koster	23.7
23	Lambert Timmermans	21.8
24	Jennifer Forman	21.8
25	Jill Childers	22.9
26	Lora Zagnoli	20.9
27	Hal Winton	19.0
28	Mary Lou Lacky	18.8
29	Robert Baird	18.7
30	Pat Knoff	18.4
31	James George	17.9
32	Gary Hilliard	16.3
33	Ann Eckels	19.6

2008 1st Quarter Miles Standings

Place	NAME	MILES
1	Mike Haviland	142.5
2	Hwa Ja Andrade	142.5
3	Patrick Sweeney	112.0
4	George Valesco	111.5
5	Kirk Fortini	92.5
6	Ben Gaetos	81.0
7	Michael Kogutec	81.0
8	Fred Pollard	81.0
9	Leigh Corbin	81.0
10	Rob Cowan	80.5
11	Tanya Johnson	80.5
12	Ted McDonald	62.0
13	Gabor Kozinc	62.0
14	Eric Clifton	61.5
15	Mark Ryne	61.5
16	Lorraine Gersitz	61.5
17	Marc Johnson	50.0
18	Robert Schipsi	50.0
19	Joe Magruder	50.0
20	Hal Winton	50.0
21	Jeannette Ewing	50.0
22	Dave Campbell	31.0
23	Gary Hilliard	31.0
24	Lora Zagnoli	30.5
25	Ann Eckels	31.0
26	Eric Koster	30.5
27	Lambert Timmermans	30.5
28	Robert Baird	30.5
29	Pat Knoff	30.5
30	James George	30.5
31	Jennifer Forman	30.5
32	Jill Childers	31.0
33	Mary Lou Lacky	30.5

Useful and Fun Ultra Resources and Links

- <http://www.socalultraseries.org>
- Ultrarunning Magazine
5825 West Dry Creek Road
Healdsburg, CA 95448
<http://www.ultrarunning.com>

- <http://planetultramarathon.wordpress.com>
- www.run100s.com

- <http://www.marathonguide.com>
- <http://trailrunnermag.com/index.php>
- <http://www.therundown.net>
- <http://www.scausatf.org>
- <http://www.fs.fed.us>
- <http://www.barefooted.com>
- www.salomonoutdoor.com

For a good area calendar for all distances. Just e-mail Steve to get on his list:

- JustDo262@yahoo.com

Series Members Race Reports

From Ben Gaetos, his Avalon 50-mile in January 2008:

I almost didn't make it to the boat on Friday. I arrived at Catalina Landing 5-10 minutes before the 4:15 pm departure.

There were lot of familiar faces at the race. I heard Bill Dickey and Hal Winton started at 12 am. Jorge ran away w/o competition. The ever smiling Michelle finished 3rd overall. It was a bit warm even at the start. Last year, it was gusty wind and record snow conditions. I stuck my clean shoes in the mud early in the race. I ran conservatively knowing the second half will be more difficult. I hooked up with Victor Frazia right after the first aid station.

Heading down to Two Harbors (M25), Laurie Singer (triathlete from Ventura) was way ahead of me. I still have to reach halfway and another 1.7 miles to the turnaround. She was my rabbit last year. After reaching Two Harbors for the second time, Victor and I refueled and slowly picked up the pace. We slowly reeled back runners who passed us early. Avalon was Vic's first 50 miler. We jogged a few strides to loosen up tired legs.

At the last 3.5 miles, Vic and I bid each other goodbye. I was excited to reach the elevator. My watch read 9:57:-- and wanted to see how fast I could sprint to the finish. The adrenaline was still high at the finish reading 10:20:--. It was 25 minutes slower than last year, but I felt much better. I really had fun and hooked up with several new and old friends.

From John Radich, his Calico 50K in January 2008

The 4th annual 50km Calico was held on January 20th, 2008. The race takes place at the historic Calico Ghost Town Village 10 miles North of Barstow. Race Director Jeff Robbins a long time veteran ultra marathoner and local cross country coach Vernon Morris, a top finisher at several Pikes Peak marathons created a gem of a race in

the scenic Mohave desert.

The 7am start was a chilly 38 degrees. Runners run 3 miles on a paved road and then its all desert jeep roads and hills. With local rains, the course was hard packed in areas and soft sand in other spots. There were stocked aid stations every 3-5 miles with enthusiastic volunteers who treated you like movie stars. The runners experience the beauty of the Calico mountains and desert environment which makes this race a great adventure ultra run to enjoy. The highest point on course is 3,800 feet with an aid station and winds that whip through you from that plateau. The course toughens up after 18 miles with a steep knarly rocky downhill canyon which many of us slid on our butts coming down, a real test of your quads and running agility. The more I ran in this race, the more respect I began to have on the toughness and beauty for the Calico trail race. We experienced perfect weather despite some winds, it never peaked over 65 degrees nor a cloud in the sky. The last 3 miles are a real "mind bender test".

You encounter some really steep roller hills and soon see the Calico Town and Parking lot which seems like your almost to the finish, not quite! The race course winds around again with a nice climb through a parking lot and a final climb which tests your legs and will making a "Braveheart" sprint to the finish into the Calico Ghost Town Village. Runners are treated to a nice buffet, sandwiches, fruit, drinks, a leather key chain finisher token and a nice long sleeve shirt with very nice acknowledgment from the staff as each runner crosses the finish line.

Calico Trail race is pure California desert running that will challenge runners of all levels and a great first time ultra. Bring your family along and enjoy the Calico Ghost town and shops and its colorful history.

From Gabor Kozinc, his Orange Curtain 100K in February 2008:

The Orange Curtain 50k/100k Endurance Run on Feb 16, 2008. I have done the 100km option. From the

100k, you can drop down to the 50k and you will be listed as a finisher for that race. Early start available, but exercise caution!

The weather was good. It was cool early in the morning and bright sunny during the day. Perfect for a nice warm run.

This race is in its third year now and I have been running it ever since Jay Anderson (Race Director) first coordinated it 3 years ago. The race is getting better every year! Jay improved the start and finish line aid station. It had a variety of food from the infamous "gu" to hot chicken noodle soup! And believe me, that hot chicken noodle soup after finishing the 100k was happiness to my pallet!

The course was boring to me as well as many of the other runners. It is an "out and back" 10k loop next to the San Gabriel River. It is fast and flat course with the same repetitive scenery! The east side of the run at the beginning goes by Liberty Park. Then, running southerly, you will reach the stables. Believe me, you know you got there! The Wal Mart parking lot is the next thing you see, just after you crossed under Carson Street.

Another, empty lot is your view till the next under-crossing. Then, you are almost at the turn around point and then back again, looking at the same scenery. You can run on the asphalt bike path or next to it on the dirt. There are few places where you must run on the pavement.

During the run, you cross under three major roads. In some places, the path is narrow and you must share it with crazy bikers. Most of the bikers are nice, but some of them think and act as if they privately own the area!

Parking is free at the start/finish line. Bathrooms are readily available at the start/finish line and a few facilities off the course. For your money, \$65 for 100k, you got a fast and flat course with a good start/finish line aid station. Cheers to good health for a better tomorrow!

Gettin' to know other Series members...

This is the Runner Profile Section. It is a way to get to know one of the runners in the Series. Please help me out by contributing when I ask. It's a great way to meet other crazy ultra people!

- Name: Keira Henninger
- Occupation: Stay at home Mom and wife
- What do you do at work: Laundry, Dishes, carpooling...(LOL!)
- Weight / Height: I think I am 5'6 and I weigh 117
- Where I live: Laguna Niguel, CA
- Birthplace: Escondido, CA
- Family: 11 year old AWESOME son named Tyler, and a super sweet hubby named Paul
- What kind of car do you drive: We have a few different cars, but I prefer to drive my beat up old 4Runner!
- What kind of car would you like to drive: My husband's Carrera everyday!!!
- Personal Hero: Women that are single Mom's and holding down jobs, and playing the role of both parents. Now that is hard stuff!
- Favorite Quote: It's better to aim for the stars and miss then aim for a pile of poop and hit it(my son told me this after I DNF'D at Two moons 100).
- Favorite Vacation destination: Willamette Valley in Oregon (Where's Waldo Baby!!)
- Favorite cartoon character:

Jessica Rabbit!

- PC or Mac: Steve Jobs baby!
- Running motto/quote: Excuses are like buttholes-everyone has them and they all stink!(Charlie Nickels)
- Running PRs: 5K: _?_; 10K_?_; Marathon: 3:52; 50 km: _4:58_; 50 miles: _9:30_; 100 km: 14:30; 100 Miles: _25:37_; 24 hours:_?_.
- Average miles run per week and time of day: 140+ miles a week, and I always run in the morning after I drop my son off
- Other training: I mountain bike and swim a ton. I also LOVE to hike with my son!
- Favorite place to run: Laguna Beach. I do 90% of my training in the hills of Laguna
- Number of completed ultras: Not very many! I am such a rookie! I think 11 or 12
- Most memorable ultra performance and why: Hands down San Diego 100 in 2007. I have no idea how I finished that race after all of the stomach issues I had. That race changed me forever!
- Favorite food/drink during an ultra: Water, Powerbar gels, and Gener8 Vitargo drink. This drink has brought my running to a whole new level.
- Favorite Pizza: I am Vegan so no pizza for me!
- What's in your iPod or MP3



Keira, Fred Pollard, and Michelle Barton

player: Metallica, The Who, anything rock and roll!

- Top 5 Favorite Movies: My all time favorite movie is "A Bugs Life". I totally am the underdog that has come out of nowhere, and this movie is all about that. All you have to do is believe and you will achieve!
- Favorite Actor / Actress: None
- Who has the best looking legs you've seen: Kirk Fortini for the guys, and Anne Langstaff for the girls
- Pet peeve: People that purposely sabotage you for there own benefit
- Favorite web site: THE RUN DOWN.NET!!!
- Favorite ultra: The unknown 50K
- I run because: I am good at it
- Other hobbies: Hiking and playing Basketball with my son
- Personal philosophy: You get out of life what you put in period!
- Short-term Goal: Help my son through Algebra
- Long-term Goal: Help my son through life
- Advice for others (running or non-running): If you want to get better at something then get out there and do whatever it takes to get better at it.